

# HEALTHY KIDS = HAPPY KIDS

**It may be easier said than done**, but if you'll encourage your children to limit fast food, video games and TV on a regular basis, there's a good chance they'll be more physically fit.

The number of overweight school-age children has soared to nearly 20 percent in America, and thousands of Virginia boys and girls are included in that figure. This fact is alarming, because being overweight can cause long-term health, social and emotional problems.



*Here are tips to help your child become, or stay, healthy:*



- Encourage **active play** indoors and outdoors.
- Encourage your child to drink **water** or **skim milk**.
- Be a good **role model**. Eat healthier yourself and make regular exercise fun.
- **Reward** your child's accomplishments or good behavior with inexpensive treats or words of encouragement instead of with food.
- Make sure to **provide adequate daily servings** from each food group: 6 to 11 servings of **grains** (bread, rice, pasta); 3 to 5 servings of **vegetables**; 2 to 4 servings of **fruit**; 2 to 3 servings of **dairy** (milk, yogurt, cheese); 2 to 3 servings of **meat** (meat, poultry, fish, dry beans, eggs and nuts); and small amounts of fats, oils and sweets.
- **Pack lunch** for your child rather than letting him buy school lunch.

